

Handout 4.2: Turning Anger Into Goals

Use anger to motivate you to make your life better, instead of letting it stop you from pursuing your goals. Turn the following thoughts around to transform your anger into motivation for pursuing what is really important to you in your life.

Angry Thought

Goal

He is so unfair!

I will work to express myself and stand up for my rights.

I have the worst luck!

I am motivated to work harder to increase my odds.

I can't stand it!

I will develop skills to tolerate what I don't like.

Now it's your turn. Write down your angry thoughts and turn them into goals.

Angry Thought

Goal

_____	_____
_____	_____
_____	_____
_____	_____
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